



# *LifeSkills Training in Tennessee*

Recognized by the US Department of Education as an exemplary prevention program and recommended by the Center for Disease Control, *LifeSkills Training (LST)* is one of the most successful proven prevention strategies in the country - based on over 25 years of research. Studies testing the effectiveness of *LST* show it reduces the prevalence of tobacco, alcohol, and illicit drug use by up to 87% when implemented with fidelity.

The *LST* program is aligned with universal learning standards and is taught in sequence over three years. Level 1, taught in 6th grade, consists of 15 lessons (plus 3 optional violence prevention lessons). Level 2, taught in 7th grade, consists of 10 lessons (plus 2 optional violence prevention lessons). Level 3, taught in 8th grade consists of 5 lessons (plus 2 optional violence prevention lessons). Team training is available and prepares participants to deliver all three levels.

Aligned with universal learning standards, the curriculum focuses on social-emotional learning, allowing students to model healthy responses to anger and anxiety as well as gain greater insight into the influence of advertising and the media. The lesson components also help students develop assertiveness skills, set goals, and practice the decision-making process.

Tested with a broad range of adolescents, results show that *LST* works for white, African American, and Latino students, boys and girls, and for youth living in rural, suburban, and urban environments.

Participants in the *LST* workshop should be aware that the training, based on an interactive approach, is designed to introduce specific proven teaching methods.

Based on recent findings, it is recommended that programs planning to implement *LifeSkills* send a team of 3-5 educators/program personnel representing each grade through the **free** one-day training. Each participant will be provided, **at no charge**, one teacher manual and one classroom set (30) of student workbooks appropriate to the grade level at which they plan to deliver *LST*. Please have your agency director or school principal approve your attendance and delivery of *LST* by signing the registration form.

To inquire about LifeSkills registration, training and Technical Assistance, please contact Lori Ungurait at 615.253.6382 or by e-mail at [lori.ungurait@tennessee.edu](mailto:lori.ungurait@tennessee.edu).

Current Trainings for Afterschool Programs are scheduled as follows:

January 11, East TN  
January 15, Middle TN  
January 18, West TN